

Effectiveness of Structured Teaching Programme on the Level of Knowledge Regarding Upper Respiratory Tract Infection among Mothers of under Five Children

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ABSTRACT

A pre-experimental study to assess the effectiveness of structured teaching programme on the level of knowledge regarding upper respiratory tract infection among mothers of under five children in Mothrowala, Dehradun. 30 mothers of under five children were selected through purposive sampling technique. Data was collected by structured questionnaire. The result showed that 80% of respondents had an adequate knowledge score (20-30) and 20% had moderate knowledge score (10-19). The study concluded that level of knowledge score was less when assessed after conducting pretest, whereas the score had increased in posttest after the implementation Structured Teaching Programme Upper Respiratory Tract Infection.

KEYWORDS: Effectiveness, structured teaching programme, knowledge, upper respiratory tract infection, mothers of under five children

How to cite this paper: Harikant Sharma "Effectiveness of Structured Teaching Programme on the Level of Knowledge Regarding Upper Respiratory Tract Infection among Mothers of under Five Children" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-4, June 2021, pp.953-956, URL: www.ijtsrd.com/papers/ijtsrd42446.pdf



IJTSRD42446

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I. INTRODUCTION:

Respiratory diseases are very often found in children's especially respiratory infections. It is one of the leading causes of mortality and morbidity in young children. India has 440 million children. WHO report stated that children below five years of age suffer about 5 episodes of ARI per child per year. Under five children are risky population to get upper respiratory tract infection due to lack of immune power. Upper respiratory tract infection is an illness caused by an acute infection which involves the upper respiratory tract including the nose, sinuses, sore throat, tonsillitis, pharyngitis, laryngitis, sinusitis, otitis media, and common cold. The domiciliary management of children with respiratory infection includes complete bed rest, increased fluid intake will help to keep throat and lining of nose moist, saline nose drop may be used to relieve congestion and obstruction in the nose, keep away the child from passive smoke and use of home remedies for cough and cold, example Tulsi, Honey, Zinger, Hot drinks, etc. Warm or cool steam used near the child's bed may prevent or relieves the laryngeal spasm and cough and essential to maintenance of warm well ventilated environment.

Need of the study

Acute respiratory tract infection (ARI) is considered as one of the major public health problems and it is recognized as the leading cause of mortality and morbidity in many developing countries. The greatest problem for developing

countries is the mortality from ARI in children less than five year of age. One of the most encouraging signs of our times is the awakening of the mother to the needs and rights of children, since mother is the first teacher of the child. Mother has to play a key role in the treatment of the child with cough and cold & pneumonia, as they do not require any hospitalization and are totally preventable and curable.

PROBLEM STATEMENT

A pre-experimental study to assess the effectiveness of structured teaching programme on the level of knowledge regarding upper respiratory tract infection among mothers of under five children in Dehradun, Uttarakhand.

OBJECTIVES

1. To assess the pretest level of knowledge regarding upper respiratory tract infection among the mothers of under five years children.
2. To determine the effectiveness of structured teaching programme regarding upper respiratory tract infection among the mothers.
3. To determine the association between the pre-test level of knowledge with their selected demographic variables.

HYPOTHESES

H₁: There will be a significant difference between the pre-test level of knowledge of upper respiratory tract infection among and under five children mothers.

H₂: There will be significant association between pre-test level of knowledge with their selected demographic variables.

II. METHODOLOGY

The research design used in this study was pre experimental one group pretest posttest design. The study was conducted at Mothrowala, Dehradun, Uttarakhand. 30 mothers of under five children were through purposive sampling technique. Data was collected by structured questionnaire to assess knowledge. Women were explained the procedure and purpose of the study & written informed consent was taken. The pre-test was conducted on the mothers of under five children and structured teaching programme was given on the same day. On the 7th day post-test was conducted on the

same subjects to assess the knowledge of them. The data were collected with the help of various tools consisting:

Section A: Demographic variables: This section of tool consists of age, religion, marital status, educational qualification, occupation, monthly income, type of family, number of children, any previous history of upper respiratory tract infection in the family and source of knowledge and information regarding upper respiratory tract infection.

Section B: Structured Questionnaire: This section consists of structure questionnaire to assess the level of knowledge regarding upper respiratory tract infection among mothers with upper respiratory tract infection in Mothrowala, Dehradun. The total number of questions was 30.

III. RESULTS AND FINDINGS

The analysis and interpretation of the observation are given in the following section.

Section I: Description of demographic variables of study participants.

Table no. 1: Frequency and percentage distribution of demographic variables of study participants.

N= 30

S. No.	Demographic variables	Frequency	Percentage
1.	Age (in years)		
	A. 20-30	14	46.67%
	B. 31-40	15	50%
	C. 41-50	01	3.33%
2.	Religion		
	A. Hindu	21	70%
	B. Muslim	09	30%
	C. Christian	00	00%
3.	Marital status		
	A. Married	26	86.67%
	B. Single	01	3.33%
	C. Widow	02	6.67%
4.	Educational qualification		
	A. Primary education	05	16.67%
	B. Secondary education	13	43.33%
	C. Graduation	07	23.33%
5.	Occupation		
	A. House wife	23	76.67%
	B. Govt. job	01	3.33%
	C. Private job	06	20%
6.	Monthly income		
	A. below 5,000	21	70%
	B. 5,001-10,000	07	23.33%
	C. 10,001-15,000	00	00%
7.	Type of family		
	A. Nuclear family	11	36.67%
	B. Joint family	19	63.33%
8.	No of children		
	A. Only one child	10	33.33%
	B. Two children	15	50%
	C. More than two children	05	16.67%
9.	Any previous history of Upper Respiratory Tract Infection		
	A. Yes	10	33.33%
	B. No	20	66.67%

10.	Source of knowledge		
	A. Newspaper	13	43.33%
	B. Magazine	00	00%
	C. Television & Radio	15	50%
	D. Internet	02	6.67%

Section II: Analysis based on the objectives

Objective: To evaluate the effectiveness of structure teaching program regarding upper respiratory tract infection among the mothers.

Table 2: Pre-test and Post-test distribution of subjects according to their knowledge on upper respiratory tract infection.

N=30

Reading	Obtained score	Frequency		Percentage	
		Pre test	Post test	Pre test	Post test
Adequate	21 & above	00	24	00%	80%
Moderate	11 to 20	13	06	43.33%	20%
Inadequate	10 & below	17	00	56.67%	00%

Maximum score=30

Table 3: Mean and S.D. of pre-test and post-test knowledge regarding Upper Respiratory Tract Infection among mothers of under five children.

N=30

Level of knowledge	Mean	SD	Df	Calculated t value	Tabulated value	Level of significance
Pre-test	10.33	4.31	29	11.61	2.05	Significant
Post-test	21.36	2.92				

Maximum score=30

Objective: To determine the association between the pre-test level of knowledge with their demographic variables.

Table 4-Association between pre test level of knowledge and demographic variables among mothers of under five children regarding upper respiratory tract infection.

N= 30

S. No.	Demographic variables	Level of knowledge			Chi-square	Table value	df	Level of significant
		Adequate	Moderate	Inadequate				
1.	Age (in years)				1.32	12.59	6	Not significant
	A. 20-30	00	05	09				
	B. 31-40	00	08	07				
	C. 41-50	00	00	01				
2.	Religion				5.41	12.59	6	Not significant
	A. Hindu	00	12	09				
	B. Muslim	00	01	08				
	C. Christian	00	00	00				
3.	Marital status				3.55	12.59	6	Not significant
	A. Married	00	13	13				
	B. Single	00	00	01				
	C. Widow	00	00	02				
4.	Educational qualification				7.87	12.59	6	Not significant
	A. Primary education	00	01	02				
	B. Secondary education	00	05	10				
	C. Graduation	00	02	05				
5.	Occupation				3.32	12.59	6	Not significant
	A. Housewife	00	11	12				
	B. Govt. job	00	01	00				
	C. Private job	00	01	05				
6.	Monthly income				2.87	12.59	6	Not significant
	A. Below 5,000	00	08	13				
	B. 5,001-10,000	00	03	04				
	C. 10,001-15,000	00	00	00				
	D. Above 15,000	00	02	00				

7.	Type of family A. Nuclear family B. Joint family	00 00	03 10	08 09	1.81	5.99	2	Not significant
8.	No. of children A. Only one child B. Two children C. More than two children	00 00 00	05 04 04	05 10 02	2.74	9.49	4	Not significant
9.	Any previous history of URTI A. Yes B. No	00 00	03 10	06 11	5.234	5.99	2	Not significant
10.	Source of knowledge A. Newspaper B. Magazine C. T.V & Radio D. Internet	00 00 00 00	04 00 08 01	09 00 07 01	1.580	12.59	6	Not significant

IV. DISCUSSION

This section relates to the findings of the present study to the findings of the previous studies.

The supported study conducted by **Prabhat Kumar** (2020) on effectiveness of structured teaching program on knowledge regarding prevention of upper respiratory tract infection Showed that there were 40 number (66.67%) of the mothers with inadequate knowledge, 19 number (31.66%) of the mothers with the moderate level of knowledge, 1 number (1.67%) of mother with adequate knowledge whereas in post-test 22 number (36.67%) of mothers had moderate knowledge, 38 numbers (63.33%) had adequate knowledge regarding prevention of upper respiratory tract infection.

The similar study conducted by **BhumiRaval**(2015) on effectiveness of STP on knowledge regarding respiratory tract infection showed that there was no significant association between knowledge of mothers of under five children with selected socio-demographic variable such as age, education, occupation, family income, number of family member and number of under five children.

V. CONCLUSION

The level of knowledge score was less when assessed after conducting pretest, whereas the score had increased in posttest after the implementation Structured Teaching Programme Upper Respiratory Tract Infection. During posttest the level of knowledge was improve. After pre & posttest assessment of level of knowledge regarding URTI the significant difference between the pre & post test scores was demonstrated by using "t" test & it was found that the structured teaching programme was an effective tool. The study proved that there was no significant association between demographic variables & pretest level of knowledge except for source of knowledge mothers about Upper Respiratory Tract Infection.

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